



## **Northwich Woodlands Spunch - Saturday 11 May - Final Details V1 - PLEASE READ**

### **Summary**

- Everything is at or very near the Marbury Country Park Ranger Centre which is a 3 min walk from the main Country Park Car Park [W3W swim.clash.young](#) Marbury Country Park, Northwich, CW9 6AT. Clearly sign-posted from Marbury Road
- Registration, bag drop, start, finish, toilets and refreshment options are all at or near the Ranger Centre. Registration from 1230 to 1400. Start window 1300 to 1400 (we may allow earlier starts for the 90/120 min courses if we are ready!)
- The car parking is unsupervised, in the large main Country Park Car Park. Pay and Display £2.50 for an all day ticket. Pay by card.
- **Do not panic or rush if you are a bit late - we will give you a late start within reason!**
- Bag drop at the Centre. Park up and come to the Centre and make it your base!
- On MapRun Select Event: **UK/Manchester/Spunch/NorthwichWoodlands 60 or 90 or 120** - Do this at home.
- **Make sure you have the MapRun app installed and your Smartphone/Garmin well charged**
- **The map & course will be issued before the start. You can pre-view the map and plan your strategy. If you have any questions about the map or course just ask.**
- **Part of the map is a specialist Orienteering Map - which may include symbols you are unfamiliar with. Please ask about it at registration if this is new to you.**
- **The usual SpunchPix competition. Take lots of pics and send them to Andy**
- **NEW & FREE: SpunchKin1k** A measured 1k line course - suitable for kids either on their own or shadowed by a parent. Do it any time, before or after your main run/walk. Do it as many times as you wish. Just 5 SpunchPoints over a 1k course. Must be taken in the correct order Start-1-2-3-4-5-Finish. The grown ups can do it too! How fast can you cover 1k?  
**NorthwichWoodlands SpunchKin1k Line on MapRun. This add-on is unsupervised and at your own risk.**
- **The Country Park is the perfect place for a full day out with family or friends. Ice cream van, coffee van, kid's playground, picnic tables, fixed barbecues etc. BYO Picnic / alcohol etc. (Please drink responsibly!)**

### **The Golden Rules**

- **All participants take part at their own risk**
- **Think Safe - Stay Safe - especially around traffic, animals, other runners, walkers & cyclists, water hazards etc. The country park and surroundings are likely to be busy with pedestrians and traffic - please put the safety of yourselves and others ahead of speed.**
- **You may also cross various rivers, brooks and canals several times. You must only cross any water at recognised bridges.**
- **If you are running / walking with juniors under 16, please keep them safe too!**
- **Wear footwear with good grips (metal studs not necessary) - dress appropriate to weather. Consider carrying water.**
- **Report to the finish - we need to know you are back safely**
- **You must finish by 4:15pm - before we call the rescue services and before all the cookies run out!**
- **Stay only on public routes & respect private property - don't trespass, don't cross walls or fences other than at stiles/gates or other allowable or marked crossing points.**
- **Don't go out of bounds (cross-hatched areas) or cross any hard red boundaries as indicated on the map**

- **Don't go within 25m of the Finish until you are actually ready to finish!**
- **Please read at least the section on Safety & Reputation**
- **If you are new to Spunch events, please read ALL the details - they will help you!**

### **Event Centre**

Toilets, registration, start, finish, Digital Review System (DRS) are all at the event centre as described above. It is easy to find using GoogleMaps or similar, and will not be signed.

### **Car Parking / Transport**

Car Park as described above. Car Share if you can.

Train: Northwich Railway Station is 15 mins away by car, and just 12mins by bike 4k.

Bikes can be locked at the Centre (at your own risk).

### **Event Format**

The event is a 60, 90 or 120 minute score event using a quirky enhanced hybrid map - Part Orienteering Map and part OS map. You can choose whether to go for 60, 90 or 120 minutes when you "Select Event" on the MapRun app. There are **78** checkpoints (Spunchpoints) – you visit as many as you can within your chosen time limit. Each checkpoint visited scores you 20 points. There is a 10 point penalty for each minute or part minute that you are late back. It is unlikely that anyone will be able to "get the lot" even in 2 hours - but never say never!

There are no flags or markers at the checkpoints, and nor is there a description sheet as all checkpoints are at (or very near to) a self-evident feature (e.g. junction, footbridge, etc) on the map. **You must stay on the rights of way and other obviously public routes as shown on the map - you must not take "illegal" short-cuts or trespass across fields, gardens or other private land where there is no public right of way. You must not cross walls and fences other than at recognised stiles & gates etc. Nor must you use routes which are marked as prohibited. We follow these rules to ensure fair competition, to maintain good relationships with landowners and other members of the public, and to safeguard you and the reputation of the sport. If you are in any doubt about interpreting the map, please ask. The OS legend can be found here: <https://www.ordnancesurvey.co.uk/documents/25k-raster-legend.pdf>**

The MapRun app will be used for start and finish timing, recording visits to checkpoints and results production. In order to feature in the results you will need to use the MapRun app on your smartphone or MapRunG on your Garmin. If you are using a Garmin, please also carry your mobile phone for safety reasons.

Your result should be automatically uploaded immediately after you have finished to appear in the on-line results (subject to phone data / wifi signal). If your result doesn't automatically appear, you can do a manual upload when you have a data signal.

We are continuing to **trial** a new near-real-time flexible results service at this event (developed by Ian Watson). You should be able to see your result, and view it in a variety of different ways via this link [mdocresults.co.uk](http://mdocresults.co.uk) There is also a ladder format based on your best 2 results from the most recent 3 Spunch events [mdocresults.co.uk/Ladder](http://mdocresults.co.uk/Ladder) These beta versions are still in development.

We are still learning about, and experimenting with MapRun capabilities and limitations. **If you don't get a beep at a Spunchpoint AND you know you are in the right place, then just continue on your run and make an appeal to the Digital Review System (DRS) official after you have finished!** If it is clear from your GPS track that you should be credited with the points for the missing beep control(s) then you will be! Please make your appeal on the day of the event at the event centre before you go home (so that the results can be finalised for everyone's benefit at the event). Late appeals will only be considered in exceptional circumstances!

You will be issued with a waterproof map. A compass is useful in this area (but not mandatory) and a watch to ensure you stay within the time limit.

Trail shoes with good grips are strongly recommended as there are likely to be some steeper slopes to negotiate.

## The Map

The event uses a mixed format part OS / part O map at a scale of 1:10000. The 78 checkpoints are marked by a numbered circle; **the start is marked by a triangle; the finish is marked by a double circle.**

## MapRun App

If you previously used MapRun6 you should replace it with the new version which is just called MapRun

Whilst you are at home, before you come to the event:

- Ensure you have the app loaded on your device and **your user name details entered**
- Ensure your device battery is well charged
- "Select Event" from the MapRun home screen on the app and download

**UK/Manchester/Spunch/NorthwichWoodlands 60 or 90 or 120**

-Also we recommend going to "Options and Settings" from the MapRun home screen and checking 2 settings:

1. Check that the "Hide pts accuracy worse than (m)" is set to 20, then 2. Browse down to the "Check Notification Settings" in order to ensure you are going to get an audible Spunchbeep!

If you have any queries in advance about MapRun you can message Andy on 07751 932749. If you are a new MapRun user, please make it known at Registration - there will be help available on the day to get you going!

## Registration / Start & Finish Process

Registration will be in or just outside the Ranger Centre and will be open from 1230 to 1400. Enquiries and advice will also be available at Registration. **You must go to Registration to sign in and collect your waterproof map before going to the Pre-Start or Start.**

There will be a rolling start, at your convenience from 1300 to 1400. We may open the start a little earlier if we are ready. (This is to help spread the impact on the start / finish officials - It is likely to be busy, please be patient). If you are opting for the 60min course please do not start before 1300. If you are opting for the 120min course please try to start before 1330 (so you get back before the cookies run out!)

- On arrival go to registration to have your name checked off on the start / safety list and to get your waterproof map. For those entering on the day pay for your entry online via SiEntries or by CASH only. There will be no card machine!
- You can then proceed to the Pre-Start nearby. Please don't press "Go to Start" on your MapRun device until you are advised to do so at the pre-start. When your GPS has settled and you have got a "green" GPS fix you will be able to proceed to the start.
- **If you do not get a 'beep' at the start, return to the pre-start and we will try to fix any problem. DO NOT continue unless you have got the start 'beep'.**
- The finish will also be outside the Centre. You must get a 'beep' at the finish to complete your run correctly. **You MUST report your name to the finish official so we know you have returned safely and can tick you back-in on the safety list.** Please do not go near the finish until you are actually ready to finish - if you go within about 25m of the finish mid-run there is a risk your device will record the finish before you wanted it to!

## Food & Drink

Every finisher will receive cordial & a cookie. GF/Vegan option available. There is also a coffee and cake van on site but it tends to get very busy and often has a queue. There is also an ice cream van in the car park.

BYO Picnic is recommended. There are picnic tables and large sunny and shady lawned areas. There are also some fixed barbecues nearby. BYO charcoal. Bring picnic blanket / chairs. Alcohol is allowed.

## Other Fun

The assembly area is great for ball games/frisbee etc, and there is a kids playground on site.

You (and kids) can also have unlimited free goes on the SpunchKin1k Line course.

## Safety & Reputation

**Roads / traffic** – The course has been planned to avoid sections of road where traffic levels or speed present a more significant risk - such sections of road have been marked on the map and/or marked as out of bounds. Nevertheless some of your course will be on roads with varying traffic levels. Please take great care at all

times when using or crossing any roads and be ready to move off the road if needed. **DO NOT TAKE RISKS AROUND TRAFFIC.**

**Other visitors & locals** – Please give way to pedestrians, horse riders, off road motorcyclists, cyclists, other runners and walkers and their dogs - all popular in this area. If you meet other competitors, members of the public or land owners (particularly around farm buildings and locals' homes) please behave with courtesy. **Please take extra special care to avoid collisions or upsetting others in the busy areas - members of the public should not have to take evasive action to avoid you - always run or walk with due care & consideration for others.**

**Water** - Your course is likely to run alongside or across the brooks, rivers & canals. Please take great care around these water hazards. Look after any juniors and dogs. You must not attempt to enter the water or cross the water anywhere other than recognised bridges

**Livestock** - there is livestock in some of the fields including cows and calves, sheep and horses. In all cases be prepared to pass wide and slow around livestock. No aggressive animals were encountered during course checking

**Dogs** - If you wish to take your dog then you are doing so entirely at your own risk. Please keep it on a lead and under control at all times. It is the lambing / calving season. There are also road and water hazards.

**Trail Conditions** - Some of the paths can be slippery/muddy especially when wet. We recommend trail shoes with good grips; metal studded shoes are not necessary. The event can be run in shorts without problem (subject to weather).

**Weather** – the current forecast is for a very warm and dry day, but conditions can change quickly so please plan to dress accordingly. Carrying a warmer layer and / or a waterproof and windproof top is recommended. Please also consider carrying water.

**Stick to the rights of way & legal crossing points** - Please do not go off the permitted paths, tracks and lanes and under no circumstances should you trespass or cross fences or walls other than at crossing points. Take great care at the stiles some of which are in a poor state of repair and can be a little rickety. Always observe the [Countryside Code](#)

**Under 16s must be accompanied by a parent/guardian**

**Please carry a mobile phone for safety** - The emergency phone number is Andy on 07751 932749. Please put this into your phone. It can be used if you are lost / injured / need to be recovered or to report any other situations requiring urgent attention

**You must report to the finish at the end of your run so that we know you are back**

### **MapRun Live Tracking**

MapRun Live Tracking provides the MapRun administrator a real time view of where the runners are located during the event. Periodically during your run (eg. every 60 seconds) the MapRun App sends your location to the MapRun system. The size of the data transmitted is trivial, and there is an insignificant impact on the phone's battery. The runners' location appears on the administrator's console, and for data protection reasons, nowhere else.

Is every runner to be tracked? No. Live tracking is dependent on phone data signal and so doesn't work with Garmin, and anyone can use "Options and Settings" on their smartphone App to turn Live tracking on or off.

Why do we use live tracking? Because it is an additional safety feature. In the event that a participant fails to return to the finish, this feature might just help us come and find you!

### **SpunchPix Photo Comp - Win free entry to a future event**

We like to see pics/selfies of smiley people with maps running or not! And there are plenty of picturesque backdrops in this area - especially in the Spring!

Any pics WhatsApp'd (07751932749) or emailed ([1andythornton@gmail.com](mailto:1andythornton@gmail.com)) to me within 48hours of the event will be considered for the SpunchPic of the day photo comp. The SpunchPic of the day photo taker will receive a free entry to a future Spunch event of their choice. Get snapping!

## **Acknowledgements**

Big shout outs to:

- The Friends of Anderton & Marbury
- Cheshire West
- Mel Bradley the Park Ranger
- The team from DEEside Orienteering Club for supporting the event, providing the specialist Orienteering Map and helping both before & on the day (especially John, Iain & Mike)
- All the other helpers involved in making these events possible (especially Peter & Ian)

That's all - see you tomorrow / Saturday! Andy

ps. Next Spunch events:

14/5 Manchester City Urban, 21/5 The Lump, Billinge Hill, Wigan, 4/6 Little Hayfield, 11/6 Alderley Park  
DEEside orienteering club also have a full calendar of Trad-O events throughout Spring & Summer

[www.deeside-orienteering-club.org.uk/](http://www.deeside-orienteering-club.org.uk/)